

## **235.06**

### **Children 1-5 Years**

#### **Introduction**

This food package is called Food Package IV in the federal regulations. It is provided to children 1 to 5 years of age.

#### **Contents**

The contents of this food package are listed in the table below.

<b>Food Category</b>	<b>Amount</b>
Juice, single strength	128 oz.
Milk, fluid	16 qt.
Breakfast cereal	36 oz.
Cheese	N/A
Eggs	1 dozen
Fruits and vegetables	\$9.00
Whole wheat bread or whole grain options	2 lb.
Fish (canned)	N/A
Legumes, dry	1 lb.
Peanut butter	OR 18 oz.

#### **Milk issuance**

Food package IV provides whole milk to one year old children and 1% low fat or fat-free skim milk to all children 2 years and older. One year old children may be issued 1% low fat or fat-free skim milk only after an assessment and when the child has been assigned risk code 115.

#### **Assessment and documentation of 1% low fat or fat-free skim milk issuance**

The CPA must complete a thorough and individual nutrition assessment prior to the issuance of 1% low fat or fat-free skim milk to children 12 months to 2 years of age. If the child is assigned the risk code 115 (high weight-for length birth to <24 months) then the CPA should discuss the assigned risk with the parent/guardian and consult the child's health care provider as necessary.

Documentation of the issuance of low fat milk must be included in the participant care plan identifying the overweight or obesity concerns, assigned risk, input from the parent/guardian, and education provided to the parent/guardian.

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**Children 1-5 Years, Continued****Substitution rates**

<b>Food</b>	<b>Allowance</b>
Soy-based beverage	May be substituted for milk for children on a quart for quart basis up to the total maximum allowance for milk.
Tofu	May be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk. Additional amounts of tofu may be issued up to the maximum allowance for fluid milk for lactose intolerance or other issues identified.
Cheese	May be substituted for milk at a rate of 1 pound of cheese per 3 quarts of milk. No more than 1 pound of cheese may be substituted and additional amounts of cheese beyond these maximums are not allowed even with medical documentation.
Yogurt	May be substituted for milk at a rate of 1 quart of yogurt for 1 quart of milk. No more than 1 quart of yogurt may be substituted and additional amounts of yogurt beyond these maximums are not allowed even with medical documentation.

Note: No more than a total of 4 quarts of milk may be substituted for a combination of cheese, tofu, or yogurt.

**Issuance of soy-based beverage, and tofu**

Issuance of soy-based beverage and tofu as substitutes for milk must be based on an individual nutrition assessment by a CPA and consultation with the participant's health care provider if necessary. Such determination can be made for situations that include, but are not limited to milk allergy, lactose intolerance, and vegan diets.

Assessment information and determination of need must be documented in the participant care plan.

Note: Due to the requirement for the determination of need for soy-based beverage and tofu, participants receiving these products must have these products specifically listed on their food benefits. Also, due to how the data system works, participants receiving other forms of milk (evaporated, lactose-free, goats, sweet acidophilus, nonfat dry) must have these products specifically listed on their food benefits. Only the types and forms of milk listed on the participant's food benefits can be purchased.

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**Milk substitutions**

<b>Food</b>	<b>Substitution rate</b>	<b>Maximum</b>
Cheese	1 lb. = 3 qt. milk	1 lb. (3 qts.)
Soy beverage	1 qt. = 1 qt. milk	16 qt.
Tofu	1 lb. = 1 qt. milk	16 lb.
Yogurt	1 qt. = 1 qt. milk	1qt.

**Provide full allowance of milk**

When a combination of different milk forms is provided in the food package, the full maximum monthly allowance of milk must still be provided. Examples of food packages with the equivalent of 16 quarts of milk are listed below:

- 1 lb. cheese + 3 gallons milk + 1 qt. milk
- 1 lb. cheese + 3 gallons milk + 1 qt. yogurt
- 1-8 qt. box dry milk + 2 gallons milk
- 1-8 qt. box dry milk + 1 lb. cheese + 1 gallon milk + 1 qt. milk
- 1-8 qt. box dry milk + 1 lb. cheese + 4-12 oz. cans evaporated milk + 1 half gallon milk
- 4 qts. soy beverage + 4 lb. tofu + 4 half gallons lactose free milk

Note: It must be explained to participants that if they choose to purchase a 24 oz. container of yogurt instead of a 32 oz. container, they will not receive the full nutritional benefit of milk.